

Wellness & Support

Discuss your cancer situation with your loved ones.

- Family and friends can help support your well-being.
- Share with your loved ones how they might be able to help.

Your cultural background may influence your cancer care.

- Tell your doctor about your needs, such as certain treatments or need for an interpreter.

Your Rights as a Patient

- To ask questions about your health, diagnosis, or treatment
- To ask for an interpreter
- To decide the right care for you
- For a list of patient rights visit: ama-assn.org/delivering-care/ethics

ABOUT US

The Patient COUNTS Program helps Asian American cancer patients through the use of patient navigators.

patientcounts.ucsf.edu

FOR MORE INFORMATION

American Cancer Society
cancer.org/cancer/lung-cancer

National Cancer Institute
cancer.gov/types/lung

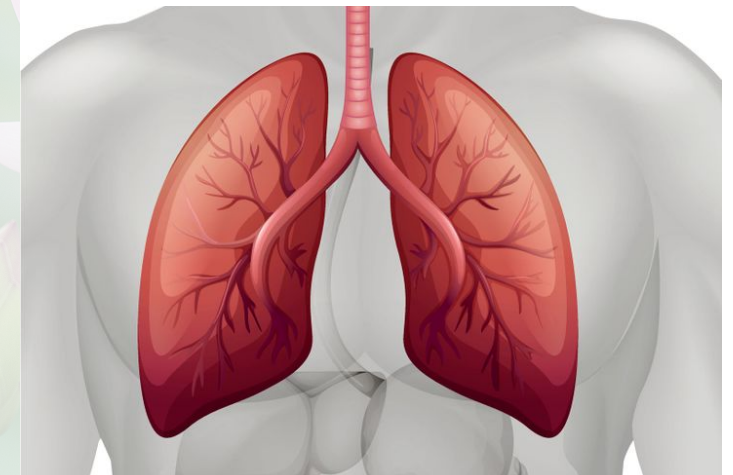
UCSF Helen Diller Family Comprehensive Cancer Center
cancer.ucsf.edu

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LUNG CANCER

Information & Resources



**PATIENT
COUNTS**

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What is Lung Cancer?

Lung cancer starts in the cells of the lungs. Almost all lung cancers are carcinomas, which are cancers of cells that line the surface of the lungs.

What Can I Do?

Diet & Exercise

Eating a healthy diet and exercising regularly can help your body fight cancer and feel better.

Smoking

Quitting smoking will help your treatment work better, your body recover, and lower your risk of getting additional cancers.

Call the Asian Smokers' Quitline

English: 1-800-NO-BUTTS

Chinese: 1-800-838-8917

Vietnamese: 1-800-778-8440

www.asiansmokersquitline.org

TREATMENT OPTIONS

- **Surgery** removes cancerous tissues.
- **Radiation** uses x-ray beams to kill cancer cells.
- **Chemotherapy** uses medicine to kill cancer cells.
- **Immunotherapy** helps the immune system better destroy cancer cells.
- **Symptom management** (palliative care) focuses on providing relief from symptoms of cancer or side effects of treatment.
- **Clinical trials** may allow patients to try newly developed treatments (clinicaltrials.gov).

Types of Cancer

- **Non-small cell lung cancer** is the most common type of lung cancer. Subtypes include adenocarcinoma, squamous cell carcinoma, and large cell carcinoma.
 - Stage 1:** Cancer is found in the lung, but it has not spread outside the lung.
 - Stage 2:** Cancer is found in the lungs and nearby lymph nodes.
 - Stage 3:** Cancer is found in the lung and spread to lymph nodes on the opposite side of the chest.
 - Stage 4:** Cancer has spread to more distant areas such as the other lung or other organs.
- **Small cell lung cancer** makes up 10-15% of all lung cancers. It tends to grow and spread quickly.
 - Limited stage:** Cancer is found in one lung and nearby lymph nodes.
 - Extensive stage:** Cancer has spread to more distant areas such as the other lung or other organs.